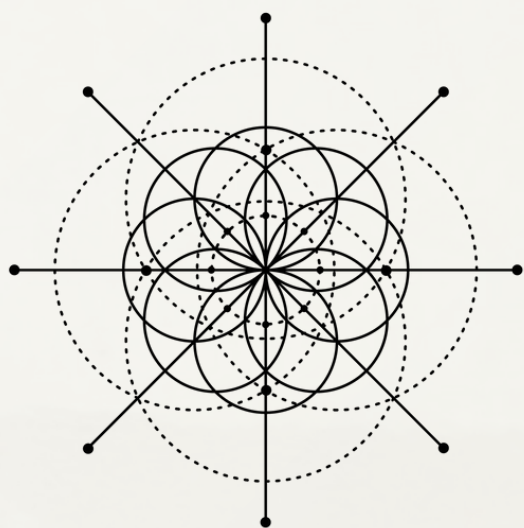




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EMBODIMENT MEDICINE TRAINING

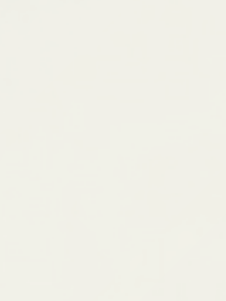
CONSCIOUS DANCE & EXPRESSIVE ARTS
TRAINING FOR THERAPISTS

SANTA CRUZ, CALIFORNIA
MAY 2026 – JAN 2027

@THE CENTER FOR EMBODIMENT MEDICINE

303 POTRERO ST. 29-307, SANTA CRUZ, CA

+ PRIVATE DANCE STUDIO



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DR. RACHEL JORDANA HORODEZKY

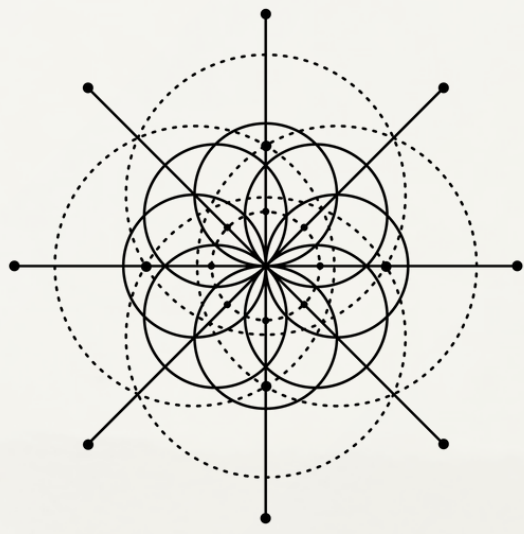
OVERVIEW + PHILOSOPHY

An 8 month long, experiential training and certification in a trauma-informed, somatically grounded approach to therapy — integrating conscious dance, expressive arts, eco-therapy, and clinical depth.

Developed by Dr. Rachel Jordana Horodezky, PsyD, this training invites licensed and pre-licensed therapists into a transformative process that brings creativity, presence, and movement into clinical practice.

This is not just a training — it's an initiation into embodied, artful therapeutic work.

INSTRUCTOR
RACHEL HORODEZKY



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Meet Your INSTRUCTOR



*Dr. Rachel Jordana
Horodezky, PsyD25159*

Founder and Clinical Director of the Center for
Embodiment Medicine, Licensed Clinical
Psychologist, Mother, Bad Ass DJ, and Conscious
Dance/ Expressive Arts Faciliator.

INSTRUCTOR
DR. RACHEL JORDANA HORODEZKY

MODULE 1 — EMBODIMENT

THE THERAPIST AS INSTRUMENT

IMMERSION WEEKEND #1: MAY 22-24 2026

FRIDAY MAY 22 7PM-9PM

SATURDAY MAY 23 10AM-4PM

SUNDAY MAY 24 10AM-4PM

Core Inquiry:

How do I cultivate the capacity to be a regulated, present, and embodied guide for others?

Focus Areas:

- Nervous system literacy & polyvagal theory
- Therapist embodiment & co-regulation
- Conscious dance foundations
- Expressive arts for resourcing

Monthly Zoom Sessions

3rd Thursdays (2–3:30 PM PST)

- Case consultation
- Somatic attunement in clinical work
- Therapist nervous system hygiene

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MODULE 2— FACILITATION

HOLDING TRANSFORMATIONAL SPACE

IMMERSION WEEKEND #2: SEPT 25-27 2026

FRIDAY SEPT 25TH 7PM-9PM

SATURDAY SEPT 26 10AM-4PM

SUNDAY SEPT 27 10AM-4PM

Core Inquiry: How do I hold space for others' embodied processes with depth, clarity, and creative trust?

Focus Areas:

- Arc of a conscious dance journey
- Expressive arts for processing
- Group dynamics & trauma-informed space
- DJing & musical curation
- Practice facilitation & ritual design

Monthly Zoom Sessions:

- Case Consultation
- Final Projects Part 1
- Final Projects Part 2

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MODULE 3— ARTISTRY + SOUL

NATURE, RITUAL & CREATIVE INTEGRATION

IMMERSION WEEKEND #3: JAN 29-31 2027

FRIDAY JAN 29 7PM-9PM

SATURDAY JAN 30 10AM-4PM

SUNDAY JAN 31 10AM-4PM

Core Inquiry: How do I synthesize my knowledge, creativity, and presence into a uniquely artful therapeutic offering?

Focus Areas:

- Eco-therapy and land-based ritual
- Transpersonal healing
- Designing therapeutic ceremony
- Mapping your authentic practice path
- Closing ritual & harvest

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CERTIFICATION + TUITION

Certification Requirements:

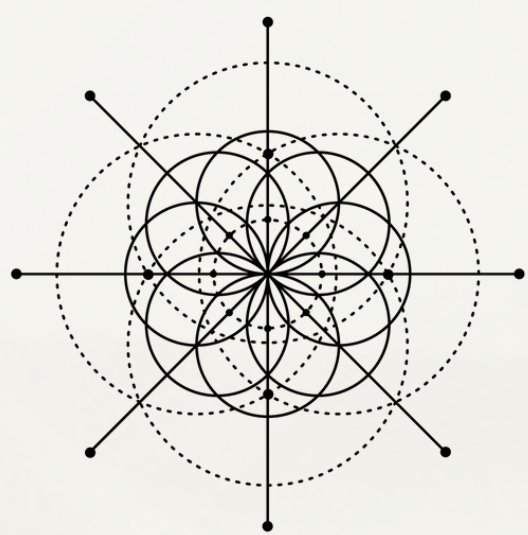
- Attendance at all 3 immersions
- Participation in 4 Zoom sessions
- Final project presentation:
Ritual, Case Presentation or Teaching

Tuition:

- Early Bird: \$2,400 (by Jan 1 2026)
- Standard: \$2,800
- Payment plans available
- BIPOC scholarships available
- CEU's for LMFTs, LCSWs, LPCCs,

Registration opens Nov 2025

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Apply
TODAY

SEND AN E-MAIL TO
RACHELJORDANA@GMAIL.COM TO
REQUEST AN APPLICATION

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